



StayWell@Work

Monthly Strides

Taking strides to better your health

January Issue Includes

- **Cervical Health Awareness Month**
- **Thyroid Awareness Month**
- **National Birth Defects Prevention Month**

Cervical Health Awareness Month

According to the National Cancer Institute, "Cervical cancer is almost always caused by human papilloma virus (HPV) infection." In the United States in 2009, there were approximately, "11,270 new cases of cervical cancer and 4,070 deaths." The best way to protect yourself from cervical cancer is to know the risks and stay on top of preventive exams. Do your part to lower your risk by making healthy lifestyle changes including: losing weight, eating healthy, being active and getting yearly preventive exams. Having a Pap test yearly, or more if recommended by your physician, can mean detection at an early, treatable stage.

Visit StayWell Online at <https://delaware.online.staywell.com>, look for the "Women's Health" section or do a search for "cervical health".

Millions of people in the United States have thyroid disease and many of them don't even know it. Two common types of thyroid disease are hypothyroidism and hyperthyroidism. Hypothyroidism happens when the thyroid gland doesn't produce enough hormone. This is most common type. Some symptoms include: fatigue, muscle pain, slowed thinking, dry skin, hair and nails and weight gain. Hyperthyroidism, when the thyroid gland produces too much hormone, is found in about one percent of the U.S. population. Some symptoms include: muscle weakness, feeling hot, weight loss, nervousness, hand tremors, rapid or irregular heartbeat and hair loss. Typically a blood test is used to test for thyroid disease. Make an appointment with your doctor if you have any concerns or are experiencing any of the symptoms of thyroid disease.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "thyroid" in the Search box to learn more.

National Birth Defects Awareness Month

According to the CDC, "One out of every 33 babies in the United States is born with a birth defect." While it's not possible to prevent all birth defects you can take steps to try and keep your baby healthy. Birth defects typically occur in the first three months of pregnancy, so it's important to adopt healthy behaviors from the start. Avoiding drugs and alcohol, quitting smoking, eating healthy, being physical activity and seeing your doctor on a regular basis are just some of the ways to keep your baby strong and healthy. Be sure to take care of yourself and practice proper prenatal care, including taking a folic acid supplement. Remember, it's never too late to start practicing healthy habits.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "birth defects" in the Search box to learn more.

